

**MAHARAJA SUHEL DEV STATE UNIVERSITY
AZAMGARH (U.P.)**



**Syllabus for P.G. Diploma
In**

Food Nutrition and Dietetics

(Syllabus to be implemented from 2025-26 onwards.)

Prepared and compiled by:

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(Asst. Prof. Home Science)

Convener Home Science

Syllabus
for
PG Diploma in
Food Nutrition and
Dietetics

Name of Programme: PG Diploma in Food Nutrition and Dietetics
Programme Code: PGDFND

Programme Objectives:

1. To Provide In-depth Knowledge of Nutrition Science and to develop understanding the functions of various nutrients in maintaining health.
2. To prepare students in formulating personalized diet plans and assessing nutritional status for individuals of different age groups and health conditions.
3. To Understand the Role of Diet in Disease Prevention and Management.
4. To educate students on how dietary interventions can prevent and manage various diseases.
5. To prepare students to work with patients requiring special diets, such as in hospitals, clinics, or wellness centres.
6. To enable students to contribute to public health by spreading awareness of balanced nutrition and healthy eating habits at the community level.
7. To enable students with the knowledge and skills required to work as dietitians, nutritionists, food consultants, or educators in both clinical and non-clinical settings.

Programme outcomes:

1. Understand the importance of food, nutrients and dietary management in normal and therapeutic conditions.
2. Devise dietary management strategies for empowering and promoting healthy living in the community.



3. Competent to take up careers in academics, health care food industry and foodservice industry.
4. Apply acquired knowledge on foods, nutrition and dietetics in managing diseases and deficiency disorders.
5. Assess food nutrient quality and dietary intake for healthy living.
6. Design personalized nutritiously adequate, safe, locally available, cost effective and environmental-friendly foods to suit dietary recommendations of all age groups.
7. Use appropriate techniques and digital tools in diet counselling.
8. Apply diet counselling skills in community and health care services.
9. Adopt acquired knowledge in day-to-day practices.

Jobs future prospects:

1. As a Freelance Diet Counsellor.
2. As a Dietician in Hospitals, Gym, Wellness clinics, Hostels.
3. In Public health system as public health Nutrition Experts.
4. In Corporate sectors as Diet Counsellor.
5. Where PG Diploma is quoted in eligibility.

Duration: ONE YEAR (TWO SEMESTERS)

Eligibility: The eligibility for admission to the P. G. Diploma in Food Nutrition and Dietetics shall be B.Sc. Home Science/ B.Sc. (Hons.) / B.A. with Home Science /B.Sc. Agriculture/ B.Sc. Microbiology and Food Technology / B.Sc. Food Science / B.Sc. Clinical Nutrition and Dietetics / B.Sc. Food Science and Quality Control, B.Sc. Biochemistry, B.Sc. Chemistry, B.Sc. Biotechnology and B.Sc. Zoology, B.Sc. in Allied Fields related to Health and Nutrition.

Medium of instructions: English & Hindi



COURSE STRUCTRE

Semester-I

Course Code	Course title	credits	Evaluation Pattern		
			Int. Asst.	External	MM
FND0101T	Nutritional Biochemistry	4	25	75	100
FND0102T	Human physiology	4	25	75	100
FND0103T	Nutrition and Dietetics	4	25	75	100
FND0104T	Clinical and Therapeutic Nutrition	4	25	75	100
FND0105P/R	Practical	4	-	100	100
		20			

Semester-II

Course Code	Course title	credits	Evaluation Pattern		
			Int. Asst.	External	MM
FND0201T	Food Microbiology and Food Safety	4	25	75	100
FND0202T	Public Health Nutrition	4	25	75	100
FND0203T	Institutional Food Management	4	25	75	100
FND0204T	Diet Counselling	4	25	75	100
FND0205P/R	Internship	4	-	100	100
		20			

Semester-I

NUTRITIONAL BIOCHEMISTRY

Course Code-FND0101T

MM- 25+75

Course objectives:

To enable students to:

1. Learn the role of nutrients in foods and deficiency diseases.
2. Understand the metabolism of nutrients in health and diseases.
3. Understand the regulation of metabolism.

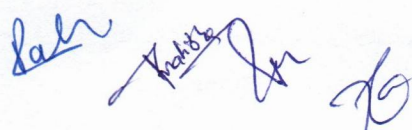
Unit-I: General body composition -Concept of general body composition, methods of determining body composition, factors affecting body composition.

Carbohydrates- Definition, classification, biological role, metabolism digestion and absorption, Glycolysis, Krebs cycle, Gluconeogenesis, Glycogenesis, Glycogenolysis, HMP pathway, Galactose Metabolism, Fructose metabolism, Disorders related to Carbohydrate metabolism.

Unit-II: Lipids- Classification, biological role of fatty acids, lipids metabolism- digestion and absorption, oxidation of fatty acids, metabolism of lipoproteins and ketone bodies and their significance, cholesterol metabolism, metabolism of adipose tissue, Disorders related to lipid metabolism.

Unit-III: Proteins- Definition, classification, physical& chemical properties, Functions, Sources, Biological value of proteins, protein metabolism. Indices for determination of protein quality.

Nucleic acid- DNA & RNA, structure & functions, metabolism, genetic



Disorder.

Enzymes- Definition, nature, classification (division) of enzymes, characteristics of enzymes action.

Unit-IV: Vitamins- Definition, classification, absorption and role of vitamins in metabolism, deficiency diseases.

Minerals- Definition, types, absorption, function and role of minerals in metabolism, deficiency diseases.

Water and Electrolyte balance- Functions of water, distribution of body water, water intake and water output, electrolyte composition of body fluids, regulation of electrolyte balance,

Acid Base balance- Role of Buffers, lungs and kidney in maintaining acid base balance

Unit-V: Hormones- Definition, classification, mechanism of action, functions and disorders, Hormones of Hypothalamus, Pituitary Gland, Thyroid Gland, Adrenal Gland, Gonads and Gastrointestinal Hormones.

References:

- Dasgupta, S. K., Biochemistry Vol. I; n & III, Mc Millan Co. of India Limited
- Das, Debajyoti, Biochemistry 2nd ed., 1980, Academic Publishers, India.
- Harper, H. A. et al, A review of physiological chemistry, Los Altos, Lange medical publications, 1985.
- Lehninger, A. L., Principles of Biochemistry
- Orten J. M. & Newhaus O. V, Human Biochemistry, C. V Mosby
- Co. S1. Lois, JSA 1982.
- Chatterjee Textbook of Medical Biochemistry
- Biochemistry, U Satyanarayana, U. Chakrapani 4th edition.



Semester-I

HUMAN PHYSIOLOGY

Course Code-FND0102T

MM- 25+75

Course objectives:

To enable students to understand the:

1. Structure of the cell, various tissues organs of the body.
2. Different systems of the body and their functions.
3. Regulation of the body function.

Unit-I: Introduction to Physiology: structure and constituents of cells, tissues their types and functions

Haematology: Composition and functions of blood, mechanism of blood coagulation, blood group systems

Unit-II: Circulatory system: Heart structure and functions, Cardiac cycle, blood pressure significance and measurements

Respiratory system: Basic anatomy of the respiratory system, process of respiration, transport and exchange of gases the body.

Unit-III: Digestive system: Anatomy of digestive tract and process of digestion, absorption and assimilation of food, Secretion of elementary canal and digestive glands.

Excretory system: Structure and function of kidney, Structure of nephron, mechanism of urine formation, Composition of urine, Role of kidney in maintaining pH of blood.



Unit-IV: Nervous System: Structure of neuron, transmission of nerve impulses, major divisions of nervous system and their functions, Composition and functions of cerebral spinal fluid, reflex action.

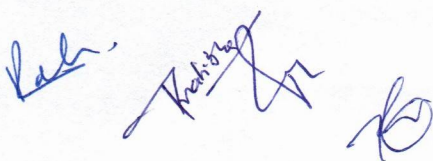
Endocrine System: Endocrine glands structure, function, role of hormones, regulation of hormonal Secretion, disorders associated with endocrine system.

Unit-V: Defence mechanism of the body: First line, second and third line of defence, Types of immunity.

Physiology of reproduction: Introduction male and female sex organs, hormones of male and female, Physiology of menstruation.

References:

1. L Antony, C.A (1963), 'Text Book of Anatomy and Physiology', the c.v. Moshy Co., Saint Louis
2. Bell G.H., Davidson, J.N., and Scarborough H. (1972) 'Textbook of Physiology and Biochemistry' London E.S. Livingston Ltd.
3. Best. C.H., and Taylor, R. B. (1965) 'The Living Body', London, Chapman & Hall Ltd.
4. Best. c.H., and Taylor. R.B. (1975), 'The Physiological Basis for Medical Practice' Calcutta, The Williams and Wilkinson Scientific Book Agency.
5. Guytons, AC. (1966), 'Text book of Medical Physiology', London, W.B. Saunders & Co.
6. Rogers, T.S, Elementary (1961), 'Human Physiology', New York, John Willey and Sons, Inc.
7. Green, H. (1972), 'An Introduction to Human Physiology' London, Oxford University Press
8. K Sembulingam, Prem Sembulingam. Essentials of Medical Physiology.



Semester-I

NUTRITION AND DIETETICS

Course Code-FND0103T

MM- 25+75

Course objectives:

To enable the students to:

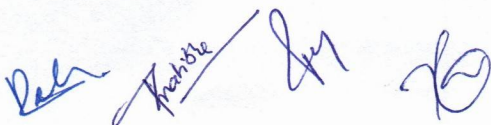
1. Develop understanding the relationship between nutrition and human wellbeing.
2. Know and understand the nutritional need and deficiencies.
3. Understand the basis of human nutritional requirement and recommendations through life cycle.
4. Gain knowledge and develop skills and techniques in the planning and preparation of therapeutic diets.
5. Develop the skill in the selection of foods for modification of diets.

Unit I: Introduction to nutrition- Concept of nutrition; nutrients-macro and micro, sources and deficiency diseases; nutritional status.

RDA & dietary guidelines, Nutritional requirement- reference man, reference woman.

Energy balance, estimation of energy requirements, deficiency and access.

Unit II: Dietetics- Introduction to dietetics, definition, history and development, principles of diet therapy. Psychology of feeding the patients. Dietitian-roles and responsibilities, Patient Care. Therapeutic adaptations of normal diets- regular diet, light diet, soft diet, clear diet,



full liquid diet; special feeding methods- enteral and parenteral feeding.

Unit III: Nutrition through life span- Concept of balance diet, Meal planning, factors affecting meal planning; nutritional requirement and diet planning during infancy, preschool, school going children, adolescence, adulthood, and old age.

Unit IV: Nutrition during special conditions- Pregnancy -Physiological changes, desirable weight change, complication; nutritional requirement, diet planning.

Lactation- Role of hormones in milk production, Nutritional needs, RDA and diet planning.

References:

1. Antia. F.P, Clinical Nutrition and Dietetics, Oxford university press, 1973
2. Bhavana Sabarwal, Principles and Practices, Common wealth Publishers, 1999
3. Davidson. S. Passmore. R, Brock. L.P and Truswell A.S Human Nutrition and Dietetics, The English Language Book Society and Churchill Livingstone, 1977
4. Gopalan, C. Balasubramanian, S.C. Rama satri, B.V, The Nutritive value of Indian Foods ICMR, New Delhi, 1981
5. Krause, M.V and Huncher.A. Food Nutrition and Diet Therapy, W.B Saunders Co 1977
6. Robinson. C. H, Normal and Therapeutic Nutrition, The Oxford and IBH Publishing Co, 1982
7. Srilakshmi. B. Dietetics, Newage International (P) Ltd Publishers, 1997
8. Williams.S.R Nutrition and Diet therapy, Mobsy Co 1977
9. Williams. S.R, Mowry's Basic Nutrition and diet Therapy, Mobsy Co, 1978



Semester-I

CLINICAL AND THERAPEUTIC NUTRITION

Course Code-FND0104T

MM- 25+75

Course objectives:

1. To develop intellectual and practical skills of the students in the field of clinical and therapeutic nutrition.
2. To identify patients at risk for major nutrition – related health problems.
3. To gain knowledge and develop skills and techniques in the planning and preparation of therapeutic diets.
4. To identify most common therapeutic diets used in clinical care.

Unit I: Diets for Febrile Infection and surgical conditions- Metabolic changes during Infection, dietary management- Typhoid fever, Tuberculosis, malaria, influenza; Dietary management in surgical conditions- pre and post-operative diets.

Unit II: Dietary management of gastrointestinal disorder: Functions of gastrointestinal systems; etiology, clinical manifestation, complications, causes, dietary management of gastrointestinal diseases- Liver disorders -Hepatitis, Cirrhosis of liver, Hepatic encephalopathy, Hepatic coma, diseases of gall bladder; renal diseases- Glomerulonephritis, Nephrotic Syndrome, Acute Renal Failure, Chronic Renal Failure, Kidney transplant, dialysis.

Unit III: Dietary management during Metabolic disorder: etiology, clinical manifestation, complications, causes, dietary management during metabolic disorder- Diabetes mellitus, gout and arthritis.

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Unit IV: Dietary management in cardio vascular diseases: Risk factors, causes, symptoms, diagnosis, dietary management of cardiovascular diseases- Atherosclerosis, angina pectoris, hypertension, myocardial infarction, congestive heart failure.

Unit V: Diet in weight imbalance: Identifying the overweight and obese, factors contributing to obesity, causes, health risks, dietary management; Underweight- etiology, and assessment, dietary treatment.

Unit VI: Dietary management in cancer: Risk factors, Metabolic Alterations and Nutritional Problems related to Cancer, Nutritional requirements of Cancer patients related to Cancer Therapy, Cancer Prevention.

References:

1. Antia. F.P, Clinical Nutrition and Dietetics, Oxford university press, 1973
2. Bhavana Sabarwal, Principles and Practices, Common wealth Publishers, 1999
3. Davidson.S. Passmore. R, Brock. L.P and Truswell A.S Human Nutrition and Dietetics, The English Language Book Society and Churchill Livingstone, 1977
4. Gopalan, C. Balasubramanian, S.C. Ramasastri, B.V, The Nutritive value of Indian Foods ICMR, New Delhi, 1981
5. Krause, M.V and Huncher.A. Food Nutrition and Diet Therapy, W.B Saunders Co 1977
6. Robinson. C. H, Normal and Therapeutic Nutrition, The Oxford and IBH Publishing Co, 1982
7. Srilakshmi. B. Dietetics, Newage International (P) Ltd Publishers, 1997
8. Williams.S.R Nutrition and Diet therapy, Mobsy Co 1977
9. Williams. S.R, Mowry's Basic Nutrition and diet Therapy, Mobsy Co, 1978



Semester-I

PRACTICAL

Course Code- FND0105P/R

MM- 100

Course objectives:

1. To understand importance of therapeutic nutrition.
2. To develop intellectual and practical skills of the students in the field of clinical and therapeutic nutrition.
3. To identify the most common therapeutic diets used in clinical care.

Unit I: Standardisation of portion sizes for different food preparations, use of weights and measures (raw weight v/s cooked weight), use of food composition table, menu planning and calculation.

Unit II: Normal routine diet, preparations generally served in the hospitals. Modifications in consistency and fibre-

- a. Different types of liquid diet,
- b. Different types of semi solid/ soft diet.

Unit III: Diet planning and preparation for cardiac diseases- modified diet with fat, sodium.

Diet planning and preparation for renal diseases- modified diet with protein, minerals and fluid.

Unit IV: High calorie diet preparation for underweight, anaemia and fevers. Diet planning and preparation for overweight.

Diet planning and preparation for peptic ulcer, Ulcerative colitis, Diverticulosis, Diarrhoea, Constipation.



Unit V: Diet planning and preparation for Diabetes mellitus with/without insulin therapy.

Diet planning for Gout, Cancer and Obesity.

References:

1. B. Srilakshmi- Dietetics, 8th ed.
2. Gopalan, C. et. al: Nutritive value of Indian Foods, Indian Council of Medical Research.
3. Clinical Nutrition & Dietetics- F. P. Antia and Philip Abraham, Oxford University Press.
4. Anderson, L., Dibble, M.V., Tukki, P.R., Mitchall, H.S., and Rynbergin H.J.: Nutrition in Health and Disease, 17th edition, J. B. Lipincott& Co. Philadelphia.
5. Robinson. C.H. Lawler, M.R. Chenoweth, W. L., and Garwick, A. E. (1986): Normal and Therapeutic Nutrition. 17th edition, MacMilian Publishing Co.
6. Batshaw, M. L., Roizen, N. J., & Lotrecchiano, G. R. L. (2013). Children with Disabilities (7th Edition). Baltimore, Maryland: Paul Brook Publishing.
7. Best, S. J., Heller, K. W., & Bigge, J. L. (2009). Teaching individuals with physical or multiple disabilities. Pearson/Merrill Prentice Hall.
8. Narayan, J. Educating Children with Learning Problems in Regular Schools, Secunderabad, NIMH.
9. SubbaRao, T.A. (1992). Manual on Developing Communication Skills in Mentally Retarded Persons, NIMH, Secunderabad
10. Taylor, R.L. (1993). Assessment of Exceptional Students Educational and Psychological Procedures. Boston: Allyn& Bacon.



Semester-II

Food Microbiology and Food Safety

Course Code- FND0201T

MM- 25+75

Course Objectives:

1. Understand the common microorganisms associated with food spoilage and food borne illness.
2. Gain knowledge on the beneficial effects of microorganisms on food.
3. Learn the concepts and practice of hygiene and safety in food preparation and service.

Unit I: Fundamentals of Microbiology- History of microorganism in food, importance in food technology and human welfare.

Microorganism- mold, yeast, virus and bacteria, their classification, morphology, growth and reproduction. Microbial growth pattern, significance and control of organisms.

Unit II: Environmental and Food Microbiology- Water Microbiology – Contamination, bacteriology of water, Purification of water; Air Microbiology – sources of contamination, air borne diseases and control of microorganism. Microorganisms contamination and control in different kinds of foods- Cereals and bread, milk and milk products, meat, poultry, egg, fish, vegetables and fruits. Different types of preservation techniques for fruits and vegetables.

Unit III: Food Spoilage and Control of Microorganism- Factors affecting food spoilage, types of food spoilage and Prevention of spoilage. Food poisoning, food borne infections and diseases,



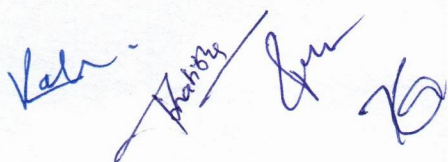
prevention. Control of microorganisms – Sterilization (physical agents) and Disinfectants (Chemical agents).

Unit IV: Food Safety, Quality Control and Sanitation; Environmental safety and hygiene, Safety in food procurement, storage, handling and preparation, hygiene practices in handling and serving. Planning and implementation of training programme for food service personnel.

Unit V: Food Laws and Standards –Assessing the microbiological quality of food Microbiological standards, principles of GMP, GHP and FSSAI, HACCP in food processing, safety management at household and industrial level. Food Laws – PFA, FPO, MPO, MMPO, AGMARK and ECA.

References:

1. Roday S. (2018), Food Hygiene and Sanitation, Tata McGrawill Publishing Company Limited, New Delhi.
2. Adams M.R and Moss, M.O, (2015), Food Microbiology, New Age International Publishers, New Delhi.
3. Frazier, W.C and Westhoff, D.C, (2015), Food Microbiology, Tata MC Graw Hill publishing Company Ltd.
4. Neal D. (2016), Fortin. Food regulation, Wiley Publishers. 75
5. Maier,R,N, Depper,I,L, Roge,C (2015), Environmental Microbiology, Academic press, London.
6. O'Rourke, (2014), European Food law, 3rd Edition, Thomson, Sweet and Maxwell.
7. Sara Mortimore and Carol Wallace (2013), HACCP - A practical approach. Third edition. Chapman and Hall, London.



Semester-II

PUBLIC HEALTH NUTRITION

Course Code- FND0202T

MM- 25+75

Course objectives:

To enable the students:

1. To focus on the promotion of good health through nutrition and the primary prevention of nutrition related problems.
2. To deal with nutritional epidemiology.
3. To be aware of public policies relevant to nutrition.

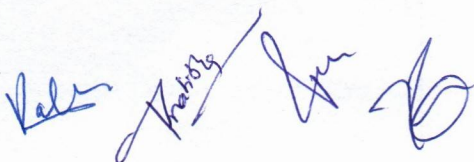
Unit I: Public health nutrition- Concept of health, nutrition and public health nutrition. Scope of public health nutrition and role of nutritionists in health care delivery system.

Nutritional problems in India- Protein Energy Malnutrition, micronutrient deficiencies, vitamin deficiencies.

Unit II: Population dynamics- Demography, demographic transition and demographic cycle, population structure, population policy, vital statistics and implications of vital statistics in population growth; Relationship between fertility, nutrition and quality of life.

Unit III: Assessment of Nutritional Status- Population sampling, Anthropometry, Clinical assessment, Biochemical assessment, Dietary assessment.

Nutrition monitoring and nutrition surveillance- Nutrition monitoring and its current programmes, nutrition surveillance system.



Unit IV: National Nutrition Programmes- Integrated Child Development Services (ICDS) Programme, Nutrient deficiency control programme, supplementary feeding programme, food security programme.

Strategies to combat national nutritional problems: Introduction, diet or food-based strategies, nutrient based strategies, Immunization.

Unit V: Nutrition and Health Education: Definition, importance, Nutrition education methods, Channels of nutrition education, Role of Nutrition Education Programmes in eradication of malnutrition.

References:

1. Beaton GH and Bengoa JM. Nutrition in Preventive Medicine. WHO (1976).
2. FAO/WHO. Preparation and use of food based dietary guidelines. Report of a joint FAO/WHO consultation: Nicosia, Cyprus. Nutrition Programme, WHO, Geneva (1996).
3. Gibney M. J., Margetts B. M., Kearney J. M. and Arab L. Public Health Nutrition. Blackwell Publishing Company (2013).
4. National Nutrition Policy. Department of Women and child Development. Ministry of Human Resource Development, New Delhi, Government of India, 1993.
5. Park.K. (2017) Park's Textbook of Preventive and Social Medicine, 24th ed. M/s Banarsida Bhanot, Jabalpur.
6. Jelliffe, D. B and Jelliffe, E.F.P. (1989) Community Nutritional Assessment, Oxford University Press.
7. Wadhwa, A. and Sharma, S. (2003) Nutrition in the Community - A text book SCN News, UN ACC/SCN Subcommittee on Nutrition.



Semester-II

INSTITUTIONAL FOOD MANAGEMENT

Course Code- FND0203T

MM- 25+75

Course objectives:

To enable the students:

1. To develop food service management skills.
2. To develop professional approach backed by special skills knowledge and vigilance at every stage of food service operation.
3. To acquire specific knowledge about training and/ or developing manpower in food service unit.

Unit I: Review of commercial and non-commercial food service organizations and their development.

Fundamentals of management- principles functions and tools of management, Management of resources.

Unit II: Meal planning in institutions- basic factors in institutional meal planning, Menu – types of menus, menus for different commercial and non-commercial organizations (Hospital, Club, Industrial and Institutional Canteen, Hotel, Hostel, Orphanage, and Transport).

Space and equipment- planning and organization for kitchen, storage and service areas, Catering equipment- care and maintenance.

Unit III: Food Purchasing and inventory management- food purchasing, receiving, storing, issuing and inventory management.



Food Production and service- Production planning, methods of food production, types of food and beverage service, cleaning and waste management.

Unit IV: Financial Management- Costing and budgeting, pricing, food and beverage cost control, maintenance of accounts.

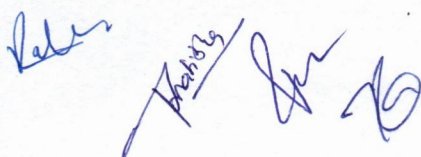
Marketing and sales promotion- Advertising, merchandising and market promotion.

Unit V: Personnel Management- Manpower planning, employment, training, motivation, welfare policies and labour laws.

Hygiene, Sanitation and Safety- Food Hygiene, environmental sanitation, control of infestation and personal hygiene, prevention of accidents. Safety and security laws.

Reference:

1. Sethi Mohini. 2nd Edition. (2016) Institutional Food Management, New Age International Publishers.
2. Sethi M. and Malhan S.– 3rd Edition (2015) – Catering Management An Integrated Approach. New Age International Publishers.
3. Arora R. K. (2007). Food Service and Catering Management. A.P.H. Publishing Corporation, New Delhi.
4. Kinton R. and Ceserani V. (1992). The Theory of Catering. ELBS with Hodder and Stoughton.
5. Scanlon N.L. (2007). Catering Management. John Wiley and Sons, Inc.



Semester-II
DIET COUNSELLING

Course code- FND0204T

MM 25+75

Course objectives:

To enable the students to:

1. Understand the psychology of the patient
2. Gain knowledge of counselling process.
3. Know different methods of counselling.
4. Develop diet counselling skills.
5. Prepare the patients for food acceptability.

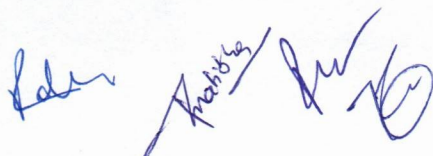
Unit I: Introduction to Counselling: Meaning and definition, Characteristics of a counsellor, Characteristics of a client- Stages of counselling, Ethical guidelines

Role of a dietician in a hospital and community, team approach to nutritional care and responsibility.

Unit II: Defining features of counselling psychology.

Diet counselling skill- Tactics and techniques of counselling- evaluating and understanding the client's attitude, how to identify and express your feelings towards the client, utilizing proper counselling techniques- non- verbal behaviour, verbal behaviour, covert behaviour.

Unit III: Concepts and principles in communication and their application in developing skills in counselling, use of communication aids, communication and interviewing skills.



Dietetic counselling- Meaning, Definition, Portrait of a dietitian using counselling skill, Qualities of dietician- Developing a counselling approach.

Unit IV: Therapeutic relationships: psychology of feeding the patients, Assessment of needs, education of the patient and follow up and establishing rapport with the patient and the family member, facilitative condition and counselling relationships, Empathic understanding, unconditional positive regard.

Unit V: Diagnosis and assessment: Eliciting clinical information- medical history, assessment of diet- profile, techniques of obtaining relevant information; dietary diagnosis- 24-hour recall method, food diary, list of food likes and dislikes, lifestyle; interpreting clinical information, case study- assessment and evaluation.

Reference:

1. Gelso Charles, J. and Fretz Bruce, R. Counselling Psychology, a PRISM Indian edition Harcourt Brace College Publishers, 1995.
2. Srilakshmi, B. Dietetics New Age International (P) Ltd, 1997.
3. Mahan L. K., Escott- Stump, S. and Raymond J. L. (2012): "Krause's Food and the Nutrition Care Process", 13th Edition, Elsevier.
4. Ross, A.C., Caballero B., Cousins R. J., Tucker K.L. and Ziegler T. (2014) Modern Nutrition in Health and Disease. Wolters Kluwer Health/ Lippincott Williams and Wilkins. Ed 11th.
5. Garrow, J. S., James, W.P.T. and Ralph, A. (2000): Human Nutrition and Dietetics. 10th Edition, Churchill Livingstone.
6. Jan Sutton and William Stewart (2017). Learning To Counsel, Publisher: Little, Brown Book Group.



Semester-II
INTERNSHIP

Course code- FND0205P/R

MM-100

Objectives:

To enable students to:

1. Get an exposure to the working situation of the dietary department of hospital.
2. Develop skills in diet counselling and feeding of patients.
3. Develop capacity for taking dietetics as a profession.

Internship for 45 days in a multispecialty hospital.

The students will undergo internship training of 45 days in a Multi - specialty hospital, so that they get to understand the existing working practices, conditions and acquire an in-depth technical knowledge.

The student will prepare an internship report and submit it. The student is required to get the certificate from the concerned organization/ institution regarding successful Internship. No candidate who has passed the examination shall be awarded the Diploma unless she has undergone the Internship in a hospital. For a period of 45 days in hospital, students will also collect five case histories and submit a report.

